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| **Holiday Activities and Food Programme – School Food Standards Compliant Cold Options** It is a requirement of the HAF Programme to meet the compulsory school food standards which are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole day. It is just as important to cook food that both looks good and tastes delicious. As a general principle, try to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. We are aware that many families have experienced difficult times during the Covid-19 pandemic and that in some cases this has impacted significantly on access to healthier foods including fruit and vegetables. The purpose of free school meals is to ensure nutritionally vulnerable children have access to a balanced and nutritious meal every day, preferably hot. If a provider is unable to provide hot meals, or if a trip is arranged with a packed lunch being the best choice for that day, they may provide a cold option with the **prior agreement of the HAF project co-ordinator**. To support this, we have prepared the following compliant menu and recommendations in line with children's health messages and government healthy eating guidance.  |
|  | **Starch** | **Protein** | **Vegetables/Salad** | **Dessert** | **Recommendations** |
| **Mix & Match.****Please choose one starch, one protein as filling then add 2 portions from the vegetables/ salad section and finally a dessert. Extras from the suggestions in the final column can be given in addition to the above.****If more than one cold meal in a week, please do not use the same options each time so that variety is provided.** | Wholemeal baguette or roll | Tuna mayonnaise | Carrot sticks | Cheese, crackers & grapes | All sandwiches, wraps and baguettes to be served with saladServe at least two types of vegetables or salad items with each meal to increase colour, flavour, variety and nutrient intakeEnsure maximum added sugar per portion of all desserts is restricted to 8gUse a variety of different fruits to offer a variety of vitamins and nutrients and broaden children's tastesEnsure salmon 55 – 80g per portion for primary pupils and 80 – 110g for secondary pupilsTinned fruit in juice and not syrup. You can mix in fresh fruit with tinned to make it more appealing.A portion of fruit to be available to all children who would like it in addition to the main dessert optionServe menu as a minimum but may supplement offer with additional mixed salads e.g. houmous and veg sticks, pasta or rice salads, couscous, cheese and crackers, depending on facilities availableCondiments must be kept to 10g portions. Salt & Pepper must not be available to add.For further information on the School Food Standards please visit:<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>Please contact the Food Education Team if you have any questions regarding the School Food Standards or catering for the HAF programme:foodeducation@lincolnshire.gov.uk or HAF@lincolnshire.gov.uk**Additional information:*** All allergen information to be provided prior to ordering
* Ensure the only drinks offered are fresh drinking water and milk (lower fat milk for over 5s) and that the only snack offered is fresh fruit or vegetables
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| Wholemeal sliced bread | Egg mayonnaise | Cherry tomatoes  | Pears and cream/ ice cream |
| Wholemeal wrap | Tinned Salmon | Cucumber sticks | Banana and dairy ice cream |
| Wholemeal pasta | Cheese | Pepper strips | Fresh fruit salad with dairy ice cream  |
| Couscous | Houmous  | Celery sticks | Plain natural yoghurt and berries |
| Wholemeal flatbread or pitta  | Curried chicken/Quorn/ chickpeas | Edamame beans or corn | Apple slices with a fruit dipping sauce |
| Mixed brown & white rice | Falafel | Lettuce pot or raw cauliflower and broccoli | 50% fruit-based cake slice or mini muffin |
| Wholemeal breadsticks | Cold meats or alternatives – e.g., chicken, ham, beef, turkey, Quorn etc | Pickles e.g. beetroot, onions, gherkins or coleslaw | Mini rice pudding pot with peach |